



BRFSS

Blood Pressure

Fact Sheet

Chronic Disease Epidemiology Unit

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Recommendation: The U.S. Preventive Services Task Force recommends that adults with no history of high blood pressure receive blood pressure screening at least once every two years. If an individual's last diastolic reading was 85-89mm Hg, they should be screened annually.

Healthy People 2010 goal: Reduce the proportion of adults with high blood pressure to 16% [prevalence in Louisiana in 1999: 26%].

In 1999, 96% of Louisianans were screened for hypertension within the past two years, which is comparable to nationwide statistics.

The prevalence of high blood pressure has been slowly rising among Louisiana residents since 1992, from 21% to 26% in 1999 [Fig 1].

The prevalence of high blood pressure increases with age: 5% of people in the 18-24 year old group had high blood pressure in 1999, compared to 52% of people in the 65+ group [Fig 2].

In 1999, males were less likely to have been told that their blood pressure is high (25% vs. 27% of females), but were 1.7 times more likely to go without a blood pressure screening within the previous 2 years (5.4% vs. 3.2% of females) [Fig 3].

About 4% of both African Americans and whites had no blood pressure check-up, but 31% of African Americans have been told that their blood pressure is high vs. 25% of whites for 1999 [Fig 4].

All data from the Louisiana Behavioral Factor Surveillance System: 1991-2000 Chronic Disease Report:
[<http://oph.dhh.state.la.us/chronicdisease/behavioralrisk>]

